



Autumn 2014

Volume 29 Issue 3

Region V Aging Services Newsletter

Autumn 2014

North Dakota
**"A Caring Place To
Grow Old"**

**Southeast Human
Service Center**
2624 9th Ave. South
Fargo, North Dakota
58103-2350

Serving the Counties of:
Cass, Ransom, Richland,
Sargent, Steele, Traill

Sandy Arends
Regional Aging Services
Program Administrator

Phone: (701) 298-4420
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: Sarends@nd.gov

Laura Fischer
Family Caregiver Support
Program Coordinator

Phone: (701) 298-4480
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: Lkfischer@nd.gov

Bryan Fredrickson
Regional Ombudsman

Phone: (701) 298-4413
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: Bfredrickson@nd.gov



Hi all. A heartfelt thank-you to each and every one who attended the Northern Plains Conference on Aging and Disability this month. I thoroughly enjoyed visiting with each person I got a chance to connect with. The conference is a fine example of collaborative effort among agencies.

I am excited to announce that on Friday October 17th Cindy Marihart, the recently named Director of the North Dakota Department of Human Services Aging Division, will speak and introduce herself to you at our Region V Aging Forum. Cindy is very interested in meeting you and learning more about the services and programs provided in Region V. Please come, introduce yourself and be prepared to tell her a bit about the services your agency of facility provides.

The Aging Services Division provides services and funds programs that improve quality of life and help older adults and adults with physical disabilities to live independently in their homes and communities. Cindy Marihart has worked in the field of social services for over 25 years. Most recently she worked as the director of the Mahnomen County Human Services Department in Minnesota. Cindy has extensive experience providing services at the local level. Ms. Marihart is completing a doctorate degree in human development with an emphasis in gerontology at North Dakota State University. She has a master's degree in organizational and industrial psychology from the University of West Florida and a bachelor's degree in psychology from the University of Minnesota-Duluth.

A complete agenda for the Region V Aging Forum can be found on page two of this newsletter. We will be taking input on a number of collaborative efforts including new ideas for the future development of the Northern Plains Conference on Aging and Disability. Come and lend your very important voice!



Autumn 2014 Region V Aging Forum

Friday October 17, 2014

Ed Clapp Park Senior Center

Carlson Library Community Room 2801 32nd Avenue South — Fargo, ND

(Across the Street from Essentia Hospital)

public is welcome and encouraged to attend

- 9:30 a.m. **Welcome, Region V Update on Changes, Collaborative Efforts, Service Needs and Announcements** — Sandy Arends, Region V Aging Services Program Administrator —
- 9:55 a.m. **A Visit with Cindy Marihart, Director, DHS Aging Services Division** — Cindy will introduce herself and tell you about her professional experience and developing vision for Aging Services in North Dakota.
- 10:30 a.m. **Introduction of those Present**—Each Person/Agency Representative will be given an opportunity to say a bit about their role in the aging network and or home and community based services. If you have new brochures or information on up-coming events in your agency or senior center please feel free to share that information with the group and Cindy Marihart. Also, please bring ideas on what topics you would like covered in future Region V Aging Forums.
- 11:45 a.m. **Forum Wrap-Up** — Sandy Arends, Region V Aging Services Program Administrator —



SHIC

State Health Insurance Counseling Program

The State Health Insurance Counseling Program (SHIC) offers free help with Medicare and other health insurance. Trained counselors who work through local sponsoring organizations can help answer your questions. SHIC counselors have no connection with any insurance company or product.

SHIC counselors are trained in all aspects of senior insurance issues, such as Medicare, Medicare Part D and Medicare Advantage plans.

SHIC receives funding from the Centers for Medicare and Medicaid Services. The program helps Medicare beneficiaries understand Medicare. If you receive Medicare, counselors can help you with:

- **Paperwork and statements:** understand paperwork and statements that you receive after a doctor visit, hospital stay or other experience.
- **Bills:** sort out and reconcile statements, hospital or clinic bills and help you figure out what has been paid and what you need to pay.
- **Claims filing and appeals:** claims filing or appeals if payment has been denied.
- **Options for coverage:** options for private insurance or to supplement your Medicare, such as Part D plans, Medicare Supplement plans or Medicare Advantage plans.
- **Options for the future:** review and understand long-term care insurance and offer you tools to help make the right choice for you.

To schedule an appointment or to locate the SHIC program sponsor nearest you, please contact us.

ndshic@nd.gov

701.328.2440

701.328.9610 fax

888.575.6611 toll free

800.366.6888 TTY line

If you need assistance with translation or communication, please contact SHIC at 1-888-575-6611.

This is a free service offered to all SHIC program participants.

North Dakota Senior Medicare Patrol



Medicare loses billions of dollars each year to fraud, error, and abuse. This compromises the Medicare Trust Fund, future benefits of individual beneficiaries, and the health of beneficiaries. To stop this outrageous waste of our dollars, there are things that beneficiaries can do to prevent becoming a victim of health care fraud:

- ♦ Protect your Medicare card. Treat your Medicare card like you would a credit card; Medicare cards contain your Social Security number.
- ♦ Only share Medicare and other health insurance information with your health care providers.
- ♦ Rely on your physician for medical advice and prescriptions, **not** advice or offers of free medical services from unknown callers.
- ♦ Keep records of health care visits, services, tests or equipment received. The SMP Personal Health Care Journal is a good tool for record keeping.
- ♦ Keep your Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs) to check for mistakes. Look for charges of services you did not get, double billing or billing for services your doctor did not order.
- ♦ And last, report questions or concerns about fraud or abuse of your Medicare to ND SMP.

SMP programs are the “boots on the ground” to assist beneficiaries in cases of potential fraud, errors, and abuse. **Protect. Detect. Report.** Let’s work together to stop the abuse of the Medicare system.

ND SMP staff and volunteers are available to educate beneficiaries on ways to address possible Medicare fraud. SMP volunteers show beneficiaries in their community’s ways to become better health care consumers, and how to recognize and combat Medicare fraud and waste of Medicare dollars.

Contact Marcy Witteman, ND SM Volunteer Training Specialist, at 1-800-233-1737 or (701) 858-3490 if you are interesting in becoming a SMP volunteer.



Lutheran Social Services Senior Companions is...

"seniors helping seniors live independently" throughout North Dakota

What is Lutheran Social Services Senior Companions?

A senior volunteer program of Lutheran Social Services of North Dakota that provides *friendship, socialization and help with daily living activities* to older adults who wish to remain living independently in their own homes. Services are free of charge, although donations made directly to the program are accepted.

Who are the Senior Companions?

Healthy, active men and women who are 55+ years of age, of lower income and have completed the application and pre-screening process (background checks, reference checks, physical exam).

Who are the clients?

Individuals who are 60+ years of age, living in the community and identify as being homebound, lonely, isolated, frail or disabled. Respite care is also available to family caregivers of an aging loved one.

What can Senior Companions do?

Friendly visiting, social recreation, home management, light meal preparation, help with reading/writing, accompaniment to/from appointments and errands using public modes of transportation.

What can Senior Companions *not* do?

Heavy chore/homemaker services, tasks performed by medical professionals (administering medication, transferring, toiletting, heavy lifting) or provide transportation using their own personal vehicle.

What benefits do Senior Companions receive?

Tax-free hourly stipend (\$2.65) that does not count as income for government assistance eligibility, travel reimbursement, paid holidays, paid time off, ongoing training opportunities, supplemental insurance coverage while on assignment, companionship and new friendships.

Who do I contact if I know someone that is interested in becoming a Senior Companion?

Andrea Lang (Eastern Program Coordinator - Fargo) at 800-450-1510 or Sonja Mickelson (Western Program Coordinator - Minot) at 701-838-7800. *There is an immediate need for volunteers in Bismarck/Mandan, Dickinson, Fargo, Grafton, Grand Forks, Hazen, Rugby and Williston.

Who do I contact if I know someone who is interested in receiving Senior Companion services?

A current listing of the program's 40+ volunteer stations throughout North Dakota can be found on our website: http://www.lssnd.org/community-outreach/companions/volunteer_stations.html. *Services are immediately available for Fargo High Rise residents and male clients living in Steele and Valley City.

Resources:

PDF copy of brochure: <http://simplebooklet.com/userFiles/a/4/5/4/8/7/JsMN8XyhMw9Xu0yj123fnM/JsMN8XyhMw9Xu0yj123fnM.pdf>

Companionship Times newsletter: <http://simplebooklet.com/publish.php?wpKey=fb7noxI4K4HNrpCkUKI1RS#page=0>

For more info: <http://www.lssnd.org/seniorcompanions>

Andrea Lang, M.S.

Eastern Program Coordinator Lutheran Social Services Senior Companions

Mailing Address: P.O. Box 389 Fargo, ND 58107

Office Location: 745 45th St. S. Suite C, Fargo, ND 58103

Phone: (701) 271-3247 or 1-800-450-1510

Fax: (701) 235-7359

www.lssnd.org/seniorcompanions



Take 10

A Caregiver Exercise Program



The Surgeon General advises at least two and a half hours of aerobic (meaning with Oxygen) exercise each week. Ten minutes a day is a good place to start. Exercise could involve swimming, biking, running or walking. However, getting any kind of aerobic exercise when you're an involved caregiver is not easy. Some caregivers say it's impossible.

As a caregiver, you probably get plenty of physical activity but formal exercise is different. Physical activity is any form of movement that uses energy, including all activities of daily living. Lifting or moving the person for whom you are providing care is one example. Exercise is activity of greater intensity and duration harder than typical daily activities. It involves planned and repeated movements that have the potential to maintain or improve physical fitness.

Here's how you, as a caregiver, can get more exercise:

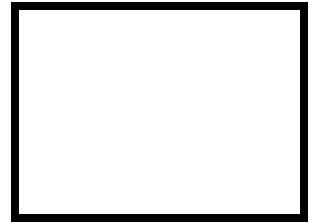
- ♦ Pay attention to how you breathe. Focus on breathing more deeply and increasing your lung capacity. During your caregiving day, periodically stop what you are doing, and take a few deep breaths, slowly in through the nose, and out through the mouth.
- ♦ Walk briskly for ten minutes — it is one of the easiest forms of exercise. If you need to be immediately available to the person you care for, measure a track around the inside of the house and walk it at a specified time each day. Ten-minute increments are the perfect beginning. Do more if you choose, but not less.
- ♦ Acquire a stationary bike and place it in front of your favorite chair. Pedal for ten minutes several times each day. Do it while watching television or folding clothes. Pedal longer if you wish, but never less than ten minutes at a time.

For additional information, visit the Mastery of Aging Well learning lesson **Physical Activity in Later Life**.

<http://create.extension.org/sites/default/files/w/1/11/masteryofagingwellphysicalactivity.jpg>

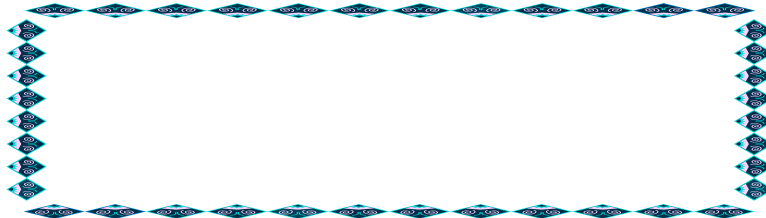


Department of Human Services
Southeast Human Service Center
Sandy Arends, Region V Aging Services
2624 9th Avenue Southwest
Fargo, North Dakota 58103-2350



New Officers/Change of Address:

If your Senior Organization has a new president (chairperson) or there has been a change of address, please complete and return the form below. Please remove and tape the old mailing label in box below.



Name of President, Chairperson, Individual or Agency to Receive This Newsletter:

Name: _____

Street/Avenue/PO: _____

Mailing Address (Must include street address or post office box):

City and State: _____

Nine Digit Zip: _____

Telephone: _____

Return to address at the top of this page.